



## OFFICE OF PUBLIC INSTRUCTION

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# THINK FOOD

## School Nutrition Programs

### October 2005



### REASONS TO KEEP HALLOWEEN TREATS HEALTHY

- For the first time in a century, American kids face a shorter life expectancy than their parents.
- 10% of preschoolers and 15% of children ages 6-19 are overweight.
- The obesity rate for adolescents has tripled since 1980.
- Overweight adolescents have a 70% chance of becoming overweight or obese adults.
- This increases to 80% if one or more parent is overweight or obese.
- Nearly 60% of overweight children between the ages of 5 and 10 already have at least one risk factor for heart disease.

(Adapted from School Food Service Sampler, Summer 2004)

### WHAT CAN YOU DO TO HELP CHILDREN STAY HEALTHY?

Around Halloween, candy seems to be everywhere. Help students keep empty calories to a minimum by offering appealing nutrient powerhouse foods:

- ✓ Serve pumpkin bread and 100% apple cider for a Fall treat.
- ✓ Offer apple slices with caramel drizzle for dessert.
- ✓ Modify recipes to contain less fat and sugar, and sweeten baked goods with dried fruit.
- ✓ Bake with whole grains (whole wheat flour, oatmeal, whole oats, bulgur, etc).
- ✓ Offer low fat condiments only
- ✓ Make dirt cups (fat-free pudding sprinkled with a fine layer of chocolate cookie crumbs with a gummy worm inside).

*"It is the mission of the Office of Public Instruction to improve teaching and learning through communication, collaboration, advocacy, and accountability to those we serve."*



## COMMODITY DELIVERY POLICY

Here are some reminders regarding the commodity policy:

- School Food Authorities may accept only the number of cases and types of foods listed on their bill of lading. You must **NOT** accept additional cases without approval from School Nutrition Programs.
- School food authorities may not refuse an item that is shipped without first calling School Nutrition Programs. If an item is refused, the school food authority will be billed for the cost of return shipping to the warehouse.
- A representative of the school food authority must sign all copies of the bill of lading.
- For further information on the commodity delivery policy please check the Food Distribution Commodity website: [www.opi.mt.gov/schoolfood/foodDistNEW.html](http://www.opi.mt.gov/schoolfood/foodDistNEW.html)

## AVAILABLE COMMODITIES

Cases of the frozen commodities listed below are still available. These are not bonus and will be charged to your entitlement. Fax the commodity request form (available on the School Nutrition Programs Web site) to (406) 444-2955. No telephone orders please.

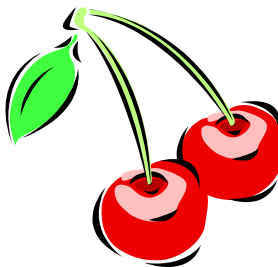
- ✓ Peas, frozen
- ✓ Oven Fries
- ✓ Chicken, breaded
- ✓ Chicken Pattie Tenders (there will be a processing fee for RCCIs and private schools)

## COOPERATIVE BID MEETING

This meeting will be held in early November. If there are items you would like put on the agenda, you may call Judy Wilson, Food Distribution Coordinator, (406) 444-4415 or e-mail [juwilson@mt.gov](mailto:juwilson@mt.gov).

## NEW FOOD SERVICE MANAGER TRAININGS HAPPENING SOON!

Trainings for new food service managers will be held in Great Falls, Missoula, and Billings on October 21, 2005. A registration form is posted on the School Nutrition Programs Web site. The trainings are free and are fundamental to helping new food service managers understand the requirements of operating school meal programs. If you are a manager who has worked for a few years and would like to come for a refresher, you are more than welcome!



## YUMMY CHERRIES

A364 Cherries IQF are scheduled for delivery on shipment #8. The cherries became available after your initial orders had been

placed. The form for ordering the cherries is posted on the School Nutrition Programs website. The price per case is \$29.65 and the pack size is a 40# carton. Please place your orders by December 1, 2005. The commodity fact sheet for the cherries, which is also available from our website, contains nutrition information. If you have questions, please call Judy at (406) 444-4415.

Forms and other important information regarding School Nutrition Programs can be found on the Web page [www.opi.mt.gov](http://www.opi.mt.gov).